Think you know all about smoking? Well, think about a man named Samuel Green, who wrote, "Thousands and tens of thousands die of diseases of the lungs generally brought on by tobacco smoking. ... How is it possible to be otherwise? Tobacco is a poison. A man will die of an infusion of tobacco as of a shot through the head."

You might think he made that statement recently, but, in fact, Green wrote that in the 1836 edition of the New England Almanack and Farmer's Friend.

That's right, people have known for 200 years that tobacco kills, yet they smoke anyway. Why? Can it be that they don't understand the problem? Or that they don't believe the danger is real? Or that people just think bad things won't happen to them?

Whatever the reason, this newspaper section will show you the truth about tobacco. Then you can decide for yourself what the right choice is for you and your body.

Test your knowledge about tobacco with this quiz. Then, after reading this section, take the quiz again on page 11. Compare your answers and check them with the answer key on that page.

Answer "true" or "false" to the following statements:

1. If you don't smoke in high school, you probably never will smoke.
2. Kids who smoke get lower grades in school.
3. Most teens who drink alcohol and abuse drugs start by smoking cigarettes.
4. Teen smokers produce the same amount of phlegm as non-smoking teens.
5. A teen smoker's heart beats the same as a non-smoker's.
6. Roughly three percent of all teens smoke.
7. A cigarette a week won't affect you.
8. Most teens are turned off by smokers.
9. Items that promote smoking, such as T-shirts, hats, and CD cases, work.
10. About 3,000 teens start smoking every day.
Smoking can kill you someday. You know that, but smoking isn’t just bad for your far-off future. It can hurt you right now.

Here’s how:

Some cigarettes contain as many as 4,000 chemicals. At least 43 of those are known carcinogens – substances that cause cancer. The chemicals make cigarettes dangerous. Cigarettes are among the few things that are sold legally but that can kill you if you use them as intended. That’s interesting, isn’t it? If you use cigarettes as they are supposed to be used, they can kill you. Doesn’t it seem that there is something wrong with that — the legal sale of an item that, if used properly, can kill you?

Here are some of those chemicals and their common uses or sources. These are just a few of the chemicals that go into your system through cigarette smoke:

- **Arsenic**: commonly found in rat poison
- **Methane**: rocket fuel
- **Ammonia**: used to clean floors
- **Butane**: lighter fluid
- **Hydrogen cyanide**: used in gas chambers
- **Formaldehyde**: a highly poisonous liquid used to preserve dead bodies
- **Acetone**: nail polish remover
- **Nicotine**: a fast-acting poison, one of the most addictive substances on the planet
- **Carbon monoxide**: car-exhaust fumes
- **Cadmium**: used in batteries
- **Methoprene**: an insecticide used to kill fleas
- **Turpentine**: paint stripper

As you can see, unless you intend to become a poisonous rocket with dirty floors that is about to launch into space and burst into flame, you probably won’t benefit from putting these chemicals into your body. But it’s your call. When you smoke cigarettes, you inhale these and other chemicals into your lungs. From there, they flow through your bloodstream to all parts of your body.

Why do tobacco companies put all these chemicals into cigarettes? Cigarette manufacturers have found that this “lethal cocktail of chemicals,” as cigarettes have been called, makes cigarettes even more addictive. It means that once smokers start using cigarettes, it is harder for them to quit.

Cigarette manufacturers especially want young people like you to start smoking their brands. The younger you are when you start, the longer you’ll be a loyal smoker buying their cigarettes. In recent years, news has come out showing just how tricky the cigarette manufacturers were when it came to getting kids hooked on cigarettes. The manufacturers studied how to attract kids as young as 5 to smoking. They studied how to best convince teens to smoke by advertising cigarettes as sexy and masculine for boys and feminine for girls. They’ve been able to convince young people like you that smoking is a cool part of the teenage rebellion years. They’ve used young people like you to make billions of dollars and they haven’t cared at all that young smokers eventually might die. They cared only about the money they made – and they made lots of it. How do you feel about being used by tobacco companies in that way?

**In the Newspaper, In the Know**

**Learning standards: evaluating, analyzing**

Advertising has been a big part of the marketing of cigarettes. Do you think advertising is always honest? Can you find truth in advertising? Look through the ads in the newspaper and figure out whether they are telling the truth, the whole truth, and nothing but the truth. How would you rewrite the ad?
Here's how your lungs work.

You breathe in about 15 to 25 times each minute. Most likely, you just do it without thinking about it. In fact, you can’t stop doing it even when you try. Because breathing happens without thinking, it's possible that you've never thought about how your lungs work. You probably take them for granted. So this might be a good time to stop and take a breath. Literally. Your lungs do a complicated job, but it's one that you depend on to live, so check it out. Basically, your lungs take a gas that your body doesn't need and trade it for a gas that it does need.

When you breathe, you take in air through your nose or mouth. The air follows a path past the epiglottis, into the trachea, and through your vocal cords in the larynx until it reaches the bronchi. Then it goes into each lung. The air then follows narrower and narrower bronchiolles until it reaches the alveoli. Those are little air sacks, where, in fractions of a second, the alveoli transfer the carbon dioxide and the oxygen so that you exhale the carbon dioxide that you don’t need while the oxygen that you do need to live is transferred into your bloodstream.

Cigarette smoke kills the alveoli, and that is a real problem because they don’t grow back. Once you destroy them, they are gone forever. With fewer alveoli, it becomes harder to breathe and to do things that involve breathing, such as running, dancing, and yes, living.

Breathing is a beautiful thing and you do it all the time, without even thinking. It’s miraculous. Your body develops in such a way that breathing works just fine most of the time—if you don’t mess with it. When you do mess with it, your body steps up to fix the problem. When you breathe in an irritant such as pollen, dust, or cigarette smoke, nerve cells in your airways signal your brain, “Danger! Unwanted intruder in breathing system.” That signal results in the violent expulsion of the offending substance from your airways. Know what that's called? Coughing and sneezing.

When Good Lungs Go Bad

Some diseases of the lung make it harder to breathe. Some of them are:

**Asthma:** The airways get smaller, cutting down on the flow of air and making the respiratory system (the part of your body dedicated to breathing) work harder.

**Emphysema:** The lungs become stiff with fibers and become less elastic, increasing the work of the respiratory muscles.

**Bronchitis:** The airways become inflamed and narrower, restricting the flow of air and increasing the work of the respiratory muscles.

Then there are other conditions that make the exchange of carbon dioxide for oxygen harder. Some of those are:

**Smoke inhalation:** Smoke particles coat the alveoli and prevent the exchange of gases.

**Carbon monoxide poisoning:** Carbon monoxide binds to the cells and minimizes the delivery of oxygen to all the tissues of the body, including the brain, the heart, and muscles. Carbon monoxide is commonly given off by poorly vented heaters (for example, space heaters, furnaces, water heaters) and automobile exhausts. This can be fatal if it’s not fixed soon after exposure.

Your lungs will work at cleaning themselves through the use of the cilia, the hair-like structures that line the lungs and move back and forth clearing smoke particles from the lungs. Smoking paralyzes the cilia, and when they can't move, they can't sweep the particles away.

*In the Newspaper, In the Know*

Learning standards: understanding the importance of good health, locating information

1. Smoking causes many health problems. Use the newspaper to find any articles related to health. Identify the 5 Ws of the story—who, what, where, when, and why.

Learning standards: making decisions, ranking

2. Make a list of 10 healthy products from the newspaper. Rank them in order, with No. 1 being the product that is most beneficial to your health.
If Smoking's so Bad, Why Do Some People Think It's so Good?

Smoking must feel good, right? No one would do something that was so unhealthy unless it felt good.

Well, that depends on your definition of “good.” Some teens like the feeling they get from smoking. Some teens believe that smoking will help them lose weight or stay thin. Some feel that smoking makes them appear older or more mature. Then there are those young people who smoke to rebel against adults and authority figures. Others feel that smoking makes them more comfortable in social situations.

Here are the facts:

The Good Feeling

The nicotine in cigarettes is a drug that might actually make a person feel good for a while. But that good feeling comes at a huge price. Nicotine may cause cancer or emphysema, and either one eventually may kill you. Is feeling good for a while worth your life? You may want to consider other ways of getting that good feeling, such as playing sports. The good feeling there comes with very little danger of dying.

No Fat Smokers?

Have you ever seen a fat person smoking a cigarette? If smoking kept people thin, you'd never see a fat smoker.

Rage Against the Adult Machine?

If you think that smoking makes you a rebel, an independent person who doesn’t do what adults want kids to do, consider this: Tobacco companies spend millions of dollars trying to get people — especially young people — to start smoking. When you start, you are doing exactly what those adults want you to do. Once you are hooked (and that happens within just a few weeks), they control you. So much for your teenage independence.

Friends Don’t Want Friends Who Smoke

You might think that smoking will help you fit in with other young people. But most teens surveyed say they would rather date a non-smoker than a smoker. And many public places now forbid smoking, so just when you are having fun, you have to step outside, alone, to catch a smoke.
Perhaps you knew all about the ill effects of smoking but you started anyway. Hey, it happens, even to smart people. But it's not too late to kick that bad habit. And more good news: If you quit now, you can reverse most of the damage done by smoking.

It may not be easy, but there is a terrific amount of help for people who want to quit. Not every way works for every smoker, so you may need to check around for the plan that has your name on it.

Here are 12 Steps To Enter a Tobacco-Free Zone

Step 1: Congratulate yourself. You’re making a great choice and taking a positive step toward controlling your life.

Step 2: Get help. It’s easier to quit if you have a little help from your friends and family. If you don’t want to tell your parents that you smoke and are quitting, tell a trusted friend instead. If all your friends smoke and you are the only one strong enough to quit, find a support group for teens who are quitting smoking. Consider starting one at school.

Step 3: Set a quit date. Pick a day. Mark it on your calendar. Announce it to anyone who cares. Think of it as the first day of the smoke-free life you desire.

Step 4: Trash all your cigarettes and smoking stuff – lighters, ash trays, whatever else is involved in your smoking habit. Look through all your hiding places and secret stashes to make sure everything is gone.

Step 5: Do your laundry. Wash your clothes so that nothing you own smells like smoke.

Step 6: Identify your triggers. Some people and situations just make you crave a cigarette. Figure out what those are and avoid them. Do you walk to school and light up on the way? Change your route or the people you walk with. Does the person who drives you to school normally smoke with you? Walk or get a different ride. Do you smoke whenever you come out of a movie? Make sure you have gum when you go in so that you can chew some when you come out.
In the Newspaper, In the Know

1. Learning standards: creating lists, planning activities

Keeping busy is a good way to stop smoking. It keeps you from thinking too much about smoking. Draw up a list of activities from the newspaper that would be a good diversion from smoking.

2. Learning standard: researching for information

Review the steps for how to quit smoking. How many of the steps for quitting could you address by using the newspaper? Write how the newspaper could help you quit smoking.

Step 7: Stock up on substitutes. You’re used to smoking, to having something in your hands and in your mouth. You will need substitutes. Consider sugarless gum or mints or even sugarless lollipops. Hold a pen or pencil or toothpicks.

Step 8: Make plans for your money. Think about how much money you would have spent on cigarettes during the first month after quitting. Plan to spend that amount of money at the end of your first smoke-free month on something fun. Buy a CD, see a movie, go out to eat with friends or to a concert. Spend your money on rewarding yourself for your good work.

Step 9: Expect some withdrawal pain and difficulty. Nothing major, but because your body is addicted to nicotine, you may experience some minor problems as you clear out your system. You could get headaches or stomach aches, you might be crabby, jumpy, or a bit depressed. You might feel dry mouth or a sore throat and you may lack energy. Knowing these things might happen will help you be prepared and ready. They won’t last long. The beginning is the hardest part. Make it through the first few days and the rest will be much easier.

Step 10: Keep busy. Some people find it easier to quit if they start on a day when they are normally very busy. It may be easier to quit starting on a Monday or a school day rather than a weekend.

Step 11: Choose cold turkey or gradually, whichever you think works better. You may want to quit all at once (“cold turkey”), or you may find it easier to start using cigarettes with less nicotine before your quit date.

Step 12: Don’t give up. If you slip up, don’t berate yourself. You didn’t get hooked after only one cigarette and smoking just one (or two) after quitting doesn’t have to derail your whole plan. Don’t quit quitting! You’ve made a mistake. Let it go and get back on track. Remind yourself why you’re quitting and move on.
The Ugliness of Addiction

A craving for that same good feeling makes the body want more nicotine in the form of another cigarette.

And that’s not all. The use of nicotine changes the brain and can result in more efficient processing of information and it can also reduce fatigue. It gives users a euphoric — that means really good — feeling and it cuts down on anxiety. Sounds pretty good, doesn’t it? Well, that’s the problem. Using nicotine may feel so good and that makes it even more addictive. It’s tricky, really and it’s a dirty trick that nicotine plays on the body. It feels good but it’s so bad for you. And, as time goes by it will take more and more nicotine to feel good.

A typical smoker takes about 10 drags (inhales) on a cigarette in the five minutes one stays lit. So, a person who smokes a pack — 20 cigarettes — a day gets about 200 hits of the drug to the brain during the day. Once the body is used to that, it will need that many hits and more each day to feel the same good feeling. And the body will actually start to feel bad without the drug. That’s addiction. And in the case of tobacco, addiction can lead to death with tobacco use being the leading preventable cause of death. Each year about half a million people die from diseases linked to tobacco. That’s more deaths than alcohol, cocaine, heroin, homicide, suicide, car accidents, fire, and AIDS combined.

And, worst of all, it doesn’t take much to start an addiction. According to medical research, a teenager who smokes as few as 4 cigarettes — yikes, that’s just 4 cigarettes — may suffer a lifelong addiction to nicotine. And the average age to start smoking is just 14.

There is some good news, though. The number of teens who currently smoke has been steadily going down for the past few years. More and more young people are learning about the abuse of young people by the tobacco industry. That makes them mad enough to keep them from smoking. Other teens have decided they’d rather be healthy than smokers. Many have quit but the easiest way to quit smoking is still never to have started in the first place.

A physical addiction is what happens when a person’s body becomes dependent on a substance and needs it to function. Plus, along with addiction, a body builds up a tolerance to that same substance and so it needs more and more of it to feel the same effects. In the case of cigarettes or any tobacco product (like smokeless or “spit” tobacco or snuff), the body becomes addicted to the nicotine in the tobacco. The body and mind soon become so used to the feeling that comes from nicotine that the addicted person needs it just to feel normal.

The cause of addiction is simple. Nicotine goes straight to the brain. The effects of nicotine are felt in just ten seconds. The human brain has circuits that control feelings of pleasure. Dopamine—a brain chemical—contributes to the desire to consume drugs like nicotine. Nicotine spikes an increase in dopamine. So there is a quick, pleasant feeling from the nicotine and then a few minutes later, a craving for that same good feeling makes the body want more nicotine in the form of another cigarette.

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Here are some questions that young people may have about smoking.

**Why should I stop if I’m not addicted?**

You may be addicted but not know it. Teens whose lungs and respiratory systems are not fully developed get addicted more quickly than adults. Teens can get addicted in as little as three weeks, so if you’ve been smoking for longer than three weeks, chances are that you are addicted but don’t know it.

**If I stop smoking, won’t I gain weight?**

The reason some people gain weight when they quit smoking is that they actually eat more. They confuse the feeling of craving nicotine with the feel of hunger, so they eat more. Those who plan ahead and know this might happen can guard against it by chewing gum, drinking more water, or eating foods such as vegetables and fruits until the craving passes. They can also keep busy and exercise, both of which keep them from overeating. And even those folks who do gain a little weight after they stop smoking usually gain only a bit. They don’t usually gain enough weight to change the way they look or feel.

**Can’t I just quit in a year or two after I finish high school?**

Sure you can, but you should know that only 5% of teen smokers think they will still be smoking five years later. The fact is that five years later, 75% are still smoking. Why? Because the longer you smoke, the harder it is to quit. Nine of every 10 smokers started smoking before they were 18.

**My parents smoke. They’re good people and wouldn’t do a bad thing, would they?**

Much has been learned about smoking in recent years. Chances are that when your parents started smoking, it wasn’t thought to be as bad as we now know it is. Years ago, smoking was allowed almost everywhere, even in hospitals and stores. Cigarette advertising was everywhere – on television and in newspapers and magazines. Now, as you know, smoking is banned in many places; even some outdoor areas don’t allow smoking. It’s a different world than the one your parents started smoking in. You can benefit from the knowledge your parents didn’t have. Plus, ask them whether they think smoking is a good idea. See what they say about their own habit.

**Smoking makes me look cool, doesn’t it?**

That depends on your definition of “cool.” Smoking turns your teeth a yellowish brown, and it causes your skin to wrinkle. And because smoking restricts blood vessel activity, it can prevent oxygen and nutrients from getting to your skin from inside. That’s why many smokers are pale. It also wreaks havoc on your breath. Simply put, smoking gives you permanent bad breath. Kiss a smoker? Why not just lick an ashtray?
When we want to say that we heard something from the person who actually said it, we might use the expression, “Straight from the Horse’s Mouth.” Well, if you want to know more about how the tobacco industry targeted kids and tried to get young people to smoke, here are some quotes from memos written by industry executives. Thousands of pages of these once-secret documents are now available to the public. Documents such as these have helped many states successfully sue tobacco companies for deceiving people about the dangers of smoking. These memos and thousands of others just like them show just how devious this business is when it comes to selling a dangerous product to children. Here are just a few examples of how cigarette companies planned to use young people.

1957: A Philip Morris executive writes that “hitting the youth can be more efficient even though the cost to reach them is higher, because they are willing to experiment, they have more influence over others in their age group than they will later in life, and they are far more loyal to their starting brand.”


Late ’50s: Philip Morris starts using the cowboy image in its commercials, because the image “would turn the rookie smokers on to Marlboro … the right image to capture the youth market’s fancy … a perfect symbol of independence and individualistic rebellion.”

As one executive who worked on Marlboro recalled, “When you see teenage boys – people the cigarette companies aren’t supposed to be targeting in the first place – going crazy for this guy, you know they’re hitting their target.”


1968: Philip Morris produces Virginia Slims, a cigarette targeted exclusively at women, running the slogan: “You’ve Come a Long Way, Baby.” Within six years of the Slims launch, the percentage of teenage women who smoked had nearly doubled.


1973: A researcher at R.J. Reynolds, writes a paper: “Some Thoughts About New Brands of Cigarettes for the Youth Market”:

“… thus a new brand aimed at the young smoker must somehow become the ‘in’ brand and its promotion should emphasize togetherness, belonging, and group acceptance, while at the same time emphasizing individuality and ‘doing one’s own thing.’ The teens and early twenties are periods of intense psychological stress, restlessness, and boredom. Many socially awkward situations are encountered. The minute or two required to stop and light a cigarette, ask for a light, find an ash tray, and the like provide something to do during periods of awkwardness and boredom. … The fragile, developing self-image of the young person needs all of the support and enhancement it can get. … This self-image enhancement effect has traditionally been a strong promotional theme for cigarette brands and should continue to be emphasized. … A careful study of the current youth jargon, together with a review of currently used high school American history books and like sources for valued things might be a good start at finding a good brand name and image theme. This is obvious a task for marketing people, not research people.”


Want to read more from the horse’s mouth? You can go online and read more tobacco industry documents at www.tobaccodocuments.org. Search under the category “Youth.”

In the Newspaper, In the Know

Learning standards: designing advertisements, writing letters

Create your own anti-smoking campaign. Design ads like those in the newspaper to influence the audience. Decide what group you want to target. Create a logo and/or a character or image that would be good to represent your anti-smoking drive. Is there someone in the newspaper who would be good spokesperson? Write a letter to that person to convince her to support your efforts.
Here’s the same quiz you took at the beginning of this section. Answer “true” or “false” to the following statements, compare your answers now to your answers before, then check the answer key at the end of this quiz.

T/F 1. If you don’t smoke in high school, you probably never will smoke.
T/F 2. Kids who smoke get lower grades in school.
T/F 3. Most teens who drink alcohol and abuse drugs start by smoking cigarettes.
T/F 4. Teen smokers produce the same amount of phlegm as non-smoking teens.
T/F 5. A teen smoker’s heart beats the same as a non-smoker’s.
T/F 6. Roughly three percent of all teens smoke.
T/F 7. A cigarette a week won’t affect you.
T/F 8. Most teens are turned off by smokers.
T/F 9. Items that promote smoking, such as T-shirts, hats, and CD cases, work.
T/F 10. About 3,000 teens start smoking every day.

Answers

1. True.
2. True.
3. True.
4. False. They produce twice as much phlegm.
5. False. It beats two or three times more per minute. That’s bad because the heart has to work that much harder each minute.
6. False. According to the surgeon general, 13 percent of adolescents have smoked in the last 30 days, 8 percent are frequent smokers.
7. False. Symptoms like wheezing and coughing have been found in kids who only smoke a cigarette a week.
8. True. 67% of teens are turned off by smokers and 87% would rather date people who don’t smoke.
9. True. Kids with smoking promotional items are 4.1 times more likely to smoke.
10. True.

In the Newspaper, In the Know

1. Learning standards: writing editorials, debating
Write an editorial that opposes smoking. Have a debate in school to discuss both sides of the issue.

2. Learning standards: understanding the rights of individuals, analyzing the influence of media
Advertisements for smoking have been banned from television. Why do you think this is so? Do you think that’s an infringement on free speech? Are there other products that you think should be prohibited from being advertised? Are there products in the newspaper that you believe should not be allowed to be featured in advertising? Explain your position.
Maybe you’ve decided that smoking is not for you, but are you ready to stand up to the pressure around you? After all, most young people see smoking as somehow connected to being popular or cool. You see the popular kids smoking or using other drugs or alcohol and you want to be like them, don’t you? Who doesn’t want to be well-liked and popular?

It’s called “peer pressure” and it’s all about wanting to be accepted and liked by other kids. It’s not just a phrase. It’s reality for most young people, and it’s a harsh reality.

But you can deal with it. You just have to know how. It helps to have a plan for dealing with this pressure. You can use simple “no” answers like, “No thanks,” or “Oh, I just quit” or something like that. But, if you’re not comfortable with that, then find a different response that works for you.

Consider staying away from situations where problems with smoking might come up until you have figured out how to deal with them. Think about choosing friends who are more like you and have chosen not to smoke.

Find friends who share your interests. Into music? Surround yourself with friends who love it too. If you play sports, it’s easier to stay away from smoking because you can always say, “No thanks, I can’t smoke, I’m in training. My coach would kill me.” Plus, kids who play sports are less likely to be smokers, so being part of a team will help you stay away, too.

And, if you have friends who smoke but you want to keep them as friends, tell them how you feel about smoking. Be honest with them about how dangerous and disgusting the habit is. It’s possible that they are smoking because they don’t feel great about themselves, so knowing they have a good friend might give them the boost they need to be able to join you in a non-smoking healthy life.

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**Web Resources**

Lots of great information specific for teens can be found at:
http://www.notobacco.org/

A terrific comprehensive site about the tobacco industry is at:
www.tobaccofreekids.org

Just the facts can be found at:
www.tobaccofacts.org

Read “The Strange Case of the Smoking Gun” at:
www.doitnow.org

Learn more about smoking and lungs at:
www.smokinglungs.com

Learn more about how the tobacco industry works at:
www.getoutraged.com

Think about smoking from all sides at:
www.smokingsides.com

Send a Stop Smoking e-card to someone you care about at:
http://browse.postcards.org/postcards/cards/8118/